

## WEBSITES

**T2Health.org:** Programs, applications and news about the National Center for Telehealth & Technology.

**AfterDeployment.org:** Help and advice for overcoming the physical & emotional impact of a recent deployment.

**SuicideOutreach.org:** Support, guidance and contacts for people in crisis, and those who care about them.

## MOBILE APPS

**Tactical Breather:** Deep-breathing training app to reduce stress in combat – or anywhere.

**Breathe2Relax:** A proven way to relieve stress and calm the mind and body.

**T2 Moodtracker:** Unique tool to track stress levels and understand the situations that raise and lower them.

## MOBILE APPS

**PTSD Coach:** Learn about, assess, and manage PTSD symptoms, and access support when and where it's needed.

**mTBI Pocket Guide:** The professional's guide to mTBI assessment, symptom management, rehabilitation and educational resources.

**T2 mobile apps are available at:**  
<http://t2health.org/mobile-apps>

**NATIONAL CENTER FOR  
TELEHEALTH & TECHNOLOGY  
POCKET GUIDE**

Technology improving the  
lives of the nation's warriors,  
veterans and their families.

[http://t2health.org/  
media/pocket-guide](http://t2health.org/media/pocket-guide)



**CONTACT**

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**WEBSITES**

**Virtual Worlds:** A PTSD interactive learning experience. <http://t2health.org/vwproj>

**TRICARE Online:** Secure access to information for TRICARE beneficiaries. <http://tricare.mil>



# T2 Pocket Guide folding instructions:

